

A Sample of School Health Advisory Board (SHAB) Activities During the 2004-2005 School Year

Note: *School Health Advisory Boards (SHABs) throughout the commonwealth have been very busy supporting health-related issues in their localities. Below are samples of activities that are taking place across the state. Due to limited space, not all activities could be included for each school division. In addition, only school divisions that have given written permission to the Virginia Department of Education to share their activities are included. Some of the following information has also been edited for formatting purposes.*

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The **Accomack County** SHAB purchased software designed to run all of the clinic documentation. Local health department officials have requested that school surveillance for communicable diseases be set up. With the use of the software, reports of aggregated data can be generated for monitoring purposes. Meetings were scheduled during the summer to outline the details of this proposed project. Using software for all of the work in the clinics will improve tracking for screenings, immunization compliance, and other components of school health services.

The **Albemarle County** SHAB had four members of the Health Advisory Board participate in the Governor's Summit on Healthy Virginians held at the University of Virginia. Participants at this summit submitted recommendations to the Governor in four categories: child, adult, community, and special populations.

The **Alexandria City** SHAB assisted the School Health Services Program employees in their efforts to secure a full-time registered school nurse coordinator position included within the operating budget. Research, data collection, educational demonstrations, and presentations to central office administrators and the school board were some of the activities that the SHAB participated in to meet this goal. As a result of the SHAB's contributions, the school board granted approval to fund a full-time registered school nurse coordinator position while providing a full-time registered nurse in each of the 17 school buildings.

The **Alleghany County** SHAB was actively involved with the administration and review of results of the 2005 Youth Risk Behavior Survey that was distributed to students in grades 8, 10, and 12. The SHAB will use these data to determine future goals and objectives for the board.

The **Amelia County** SHAB made a presentation to the school board, board of supervisors, and the community regarding the status of health services in Amelia County.

This presentation included information on a partnership with the Lion's Club, which has provided Amelia County with additional assistance in conducting mandated screenings.

The **Amherst County** SHAB cooperated with the Amherst County School Board, the Johnson Health Center, and Centra Health to reopen the dental clinic the school board constructed in 2001. The clinic will reopen July 2005 with increased staffing and hours of operation to provide this desperately needed service.

The **Appomattox County** SHAB conducted *The Communities That Care Youth Survey* to 600 students. The Appomattox County SHAB also studied alternatives to suspension for elementary-age children and reported to the school board.

The **Arlington County** SHAB's goal was to increase information and awareness of the importance of healthy behaviors. Memos were sent to all school staff on healthy eating and healthy activity. The SHAB refined the Suggested Healthy Snack List for classroom teachers, and worked with Food Services staff to change procedures for vending machine contracts and contents. Arlington public schools were awarded a Gold Medal by the First Lady of Virginia for healthy eating and healthy activity.

The **Augusta County** SHAB began steps toward making school-wide nutrition options healthier. The principals agreed to make small changes beginning soon to provide healthier vending choices and color coding with vending contracts to keep these healthy choices in place. The community wellness group is focusing on some of the same issues including help with 'labeling' products so students are aware of nutritional content and can be encouraged to make healthy choices. The SHAB will continue to assist in looking at healthier fund-raising options besides candy and soft drinks for public schools.

The **Bath County** SHAB reported the hiring of a school nurse, purchased new K-10 health textbooks for 2005-2006, and continued a partnership with the Health Department and Bath County Community Hospital.

The **Bedford County** SHAB brought more awareness to the community about bullying, teen pregnancy, and childhood obesity. Improvements also have been made in school nutrition (e.g., no fried foods in elementary schools and limits on "extras" that students want to buy).

The **Bland County** SHAB assisted the division cafeteria specialist in working with the school cafeteria managers to provide better and more nutritious meals. A licensed nutrition specialist worked with the cafeteria managers giving them ideas for better meals that also met USDA requirements. Cafeteria managers have attended and will continue to attend workshops this summer dealing with food preparation, safe serving, and nutritious high-quality meals.

The **Botetourt County** SHAB utilized results from the *Youth Risk Behavior Survey III* to better serve the student population and the Botetourt Community at large. They also

extended services to the Botetourt community regarding Family Access to Medical Insurance Security (FAMIS).

The **Bristol County** SHAB reviewed the screenings for scoliosis and revised those grades that would be screened and/or sent information to parents on scoliosis. In addition, the SHAB made recommendations on the problem of childhood obesity, the need to increase school nurse pay, and hours worked per day.

The **Buena Vista County** SHAB developed a School Health Manual for use in all schools. Since they rely on the Health Department for their nursing services, they requested the assistance of the school nurse from a neighboring school division to help their board with the development of a manual that will be used to guide the services provided to all students and will insure that consistent treatment is maintained throughout the school division.

The **Campbell County** SHAB continues to support student nutrition services in efforts to offer reduced fat and low-cholesterol choices. In addition, an Automatic External Defibrillator (AED) was placed at one of the county's four middle schools through the courtesy of the Parent Teacher Association (PTA) and at one of their elementary schools through the courtesy of a local community volunteer organization.

The **Caroline County** SHAB continues its cooperative community effort to improve dental care. Dental care is provided at the Caroline County Dental Clinic. Service is provided to primary and elementary-age students who would not have access to dental care by other means. This is a school-based program that includes transportation. School nurses help in identifying students in need of dental care. The dental staff and SHAB members also have done outreach education at school family nights and fairs. Information flyers and posters have been distributed and displayed in key locations throughout the community.

The **Carroll County** SHAB had two division sites apply to become Team Nutrition schools. They also collaborated with the community wellness center and schools' physical education classes. For example, all fourth graders had water safety classes at the Community Wellness Center.

The **Charles City County** SHAB focused on working with the new food service manager to promote healthier cafeteria foods and healthier vending machine snacks. More foods are now being baked rather than fried. In addition, three of the county's four physical education teachers completed a two-day Family Life Education (FLE) workshop.

The **Charlotte County** SHAB has supported on-going efforts to improve the nutritional offerings of the breakfast and lunch menus. Changes have already occurred with the addition of more fresh fruits and vegetables, including daily salads. Additional recommendations for menu items and vending machine choices (bottled water, nutritional bars, etc.) were also met.

The **Charlottesville City** SHAB created and approved by-laws that have been implemented starting with recruitment of new members for 2005-2006. In addition, the Charlottesville City SHAB assessed and developed recommendations for the school board on health education priorities and instruction for grades k-6.

The **Chesapeake City** SHAB collected height and weight on all third graders in Chesapeake. The Body Mass Index (BMI) and percentiles were used to identify the impact, if any on students. Data collected on third graders established prevalence of obesity/overweight baseline statistics for Chesapeake. Health services will continue to assess these students BMI's every two years for tracking purposes (Chesapeake does height and weight on students k-10). The SHAB supported *Healthy Meals for Healthy Appetites*, providing healthy choices for school lunches, reducing fat and sugar content. Chesapeake is piloting healthier vending options in two high schools and three middle schools. The SHAB supports and recommends expansion of the Healthy Vending Program.

The **Chesterfield County** SHAB revised its by-laws. In addition, research was conducted on sleep deprivation in children and teenagers. A presentation was given by a member of Pulmonary Associates of Richmond, Inc. A report was submitted to the school board in support of changing high school starting times to support teenage sleep patterns.

The **Clarke County** SHAB had a local dentist visit with the superintendent and principals. The dentist showed pictures and discussed oral decay and the increases in his practice population. The group agreed to look at replacing soda machines.

The **Colonial Beach City** SHAB made the community aware of Tuberculosis (TB). The school, with the assistance of the local health department, distributed information and answered questions to ease parents concerns during exposure to the disease. The Colonial Beach City SHAB also brought *Stella the Superbug* from Anthem's Program to children in kindergarten through grade 3. The program was set to teach the students about germs and how to wash their hands properly.

The **Colonial Heights City** SHAB helped sponsor an annual Health Fair for students in the middle school. Local organizations and businesses participated to share information about issues such as teen pregnancy, substance/alcohol abuse, and self-esteem as well as recreational activities available to students.

The **Covington City** SHAB supported the implementation of *Steps to Respect* and *Second Step* in grades k-7, which involved 482 students. The goal was to continue efforts to improve the schools' environment and climate and ensure the students' safety. Community partners included the local Community Services Board which provided the staff, materials, and funding for these programs.

The **Craig County** SHAB assisted in completing the Youth Risk Behavior Survey at the middle and high school. The SHAB wanted to be able to compare the results with two previous surveys and determine where the county was being successful and what else needed to be addressed.

The **Culpeper County** SHAB conducted a Body Mass Index (BMI) Study for all kindergarten, sixth- and ninth-grade students. The results were evaluated by the SHAB and recommendations were made to the Culpeper County School Board during the May 2005 meeting.

Members of **Cumberland County** SHAB wrote a grant for 150 students to receive dental services. Community partners included the health department, community volunteers, Virginia Department of Dental Health, and Social Services.

The **Danville City** SHAB facilitated the initiation of a staff wellness program for all employees of the Danville public schools. By the end of the school year, all but three schools had wellness programs in place. The students in 12 schools received the benefits from employees at their schools serving as good role models in their health habits.

The **Dinwiddie County** SHAB assisted in securing an Automatic External Defibrillator (AED) in each school. Training was given to staff members to use AEDs to treat life-threatening events.

The **Essex County** SHAB supported school health promotion through Active for Life. Twenty-five staff members participated.

The **Fairfax County** SHAB continued its interest in applying a coordinated school health program model by supporting and encouraging one site's implementation of a variety of wellness activities throughout the year, including a "Health Care Fair 05" that provided a full day of activities and workshops focusing on wellness issues. It also supported the participation of two committee members in the Virginia Coordinated School Health Leadership Institute. The committee members' project is to design the Fairfax County public school's Wellness Policy using the Coordinated School Health Program.

The **Falls Church City** SHAB created a streamlined procedure for reporting school health risks and guidelines for managing internal health and safety risks, and also integrated the *Breaking the Silence* program into the mental health curriculum for grades 5-12.

The **Fauquier County** SHAB supported a plan to have licensed personnel in all school clinics. The SHAB recommended the recognition and funding of those registered nurses (RNs) and licensed practical nurses (LPNs) currently holding positions as clinic aides, and the replacement of unlicensed personnel with licensed personnel through attrition. The SHAB was successful in educating the school board and the board of supervisors regarding the need for licensed personnel. The school board feels that licensed personnel are a necessity in the schools with the increasing number of medically fragile children

that are being seen. The board has agreed to give a stipend to all the licensed personnel currently working in the clinics.

The **Fluvanna County** SHAB was combined with the Family Life Education (FLE) review committee, the Tobacco Settlement committee, and the Safe and Drug-Free Schools committee. The committee recommended the implementation of an instructional support program offered by the local Community Services Board (Region 10) to assist students with mental health issues in the schools through case management and on-campus counseling.

The **Franklin City** SHAB worked on getting the Family Life Education (FLE) curriculum updated on birth control, with emphasis on education at the middle and high schools. The SHAB supported planned activities to address teen pregnancy, such as community resource personnel to speak to students during their physical education class. The coordinator of the Resource Mother's Program from the Health Department and a former student, who had dropped out because she became pregnant, shared her struggles (bad choices) and experiences. Female students were also provided with *Smart Girls*, a program designed to help students make healthy and wise choices.

The **Frederick County** SHAB developed a policy for working with private duty nurses as well as a policy on respiratory/tracheotomy and Gastrostomy Feeder and Care Plans.

The **Fredericksburg City** SHAB formed a partnership with an area church and Christian school to fund an abstinence-based sexuality speaker. She presented *Sex Can Wait* to all seventh through ninth graders at the high school. The program was repeated in the evening in the church for the general public. Teachers facilitated follow-up discussions in Family Life Education (FLE) classes. Video tapes of the presentation were purchased and shown to tenth graders in their FLE classes.

The **Galax City** SHAB developed community partnerships by working in cooperation with a local agency for youth services in financing and administering the *Communities That Care* Survey. Information from the survey was shared with all stakeholders and plans are being developed, using school and community resources, to address identified areas. In partnership with the local Lion's Club, Galax Elementary School preschool children were screened for amblyopia. Working with their regional hospital, they distributed information to all families concerning the treatment of flu viruses, fever care for children, and adolescent immunizations.

The **Giles County** SHAB reviewed the physical education curriculum, purchased updated community first aid and safety manuals, and updated the first aid and CPR video from the American Red Cross.

Some of the **Gloucester County** SHAB recommendations to the school board this year included: getting baseline height/weights on at least kindergarten and first-grade students and also ninth graders in physical education classes; offering nutrition classes for all students in k-12 as part of the Standards of Learning; ongoing nutrition education for

teachers, school nurses, physical education instructors, and cafeteria staff; and an emphasis on daily physical exercise with 30 minutes of physical education classes daily for all students in kindergarten through grade 12.

The **Goochland County** SHAB updated the Family Life Education (FLE) curriculum and established procedures for increasing community involvement in reviewing resource materials. Application strategies for FLE have been updated for the elementary through high school grades. A draft statement has been submitted to the central office to include in the Student Handbook on the FLE revision and the availability of the curriculum to parents and members of the community.

The **Grayson County** SHAB established *Girls on the Run* programs in eight of the division's ten schools. During the 2004-2005 school year, enrollment in this program has increased by 27 percent. This after-school program gives girls an opportunity to become physically and mentally strong while building skills that will enable them to make healthy decisions throughout their lives. *Girl on the Run* is funded by a grant from the Virginia Tobacco Settlement Foundation.

The **Greene County** SHAB began a staff wellness program. Each building held a competition between teams to improve exercise patterns. It began as a one month challenge and continued for five months. The SHAB also focused on improving exercise routines and nutritional habits at the middle school. Physical education teachers, the dietician, and a local community health organization worked together gathering data and planning a physical activity program.

The **Greenville County** SHAB worked with Southside Regional Hospital to update CPR training for staff members at all schools. It also identified all medically fragile students and ensured that medical information was shared with all appropriate staff members.

The **Halifax County** SHAB reported the increase of the school nurse staff by one in February and by two for the 2005-2006 school year. They now have a total of six nurses, one nurse for the high school, one nurse for the middle school, and four nurses that rotate among the 12 elementary schools.

The **Hanover County** SHAB established a Wellness Policy Subcommittee which reviewed the nutrient breakdown of elementary school lunches. The subcommittee discussed the national trends in physical education, reviewed the Healthy Virginians Initiative, and the Governor's Nutrition and Physical Activity Scorecard and Reward Program.

The **Harrisonburg City** SHAB Family Life Education (FLE) Committee had an "Information Night" with the Russian community, which always "opted out" of the program. The committee wanted to give them information, hear their concerns, and discuss options. It was very informative for both sides. It affected approximately 100 students.

The **Highland County** SHAB supports the school nutrition program in striving to increase participation and serve reduced-fat meals.

The **Hopewell City** SHAB increased its membership by having the chair contact several school and community representatives by mail or phone to personally invite them to participate. Two central office administrators representing food service/nutrition and health/physical education joined the committee.

The **Isle of Wight County** SHAB learned that student use of tobacco has declined in the school division according to the Virginia Youth Tobacco Survey for grades 6, 8, and 9-12. The SHAB worked with the Virginia Tobacco Settlement Foundation to add *Too Good for Drugs* to support smoke-free lifestyles in grades K-8. This curriculum is integrated with the Lions-Quest program taught by law enforcement officers. They also adopted *Smokeless Schools* for older students who violate policies barring the use of tobacco and tobacco products on school property, or who voluntarily wish to quit using tobacco.

The **King and Queen County** SHAB placed an Automatic External Defibrillator (AED) at the Central High School Clinic and has started writing an AED protocol. The SHAB also has consulted with a doctor to develop a standing order for epinephrine coverage in the event of anaphylaxis for all three schools.

The **King George** SHAB improved safety of medication delivery to the schools by writing a new medication policy that was approved by the school board and is currently in place in the school policy manual. The new policy includes the self-administration of emergency epinephrine.

The **King William County** SHAB reviewed and updated the Standards of Learning and curriculum guidelines for a comprehensive, sequential Family Life Education (FLE) program for grades k-12 and made revisions in the Lice policy for the school system.

The **Lancaster County** SHAB equipped all schools in the system with Automatic External Defibrillator (AED) units. At least one person per school is being trained to become instructors in providing basic resuscitation. They also plan to offer classes for teachers and staff members in all schools.

The **Lee County** SHAB informed parents and students about proper diet and supported a volunteer program for healthier snacks and drinks in machines and providing healthier meal choices at schools.

The **Lexington City** SHAB wrote new SHAB bylaws. It also reviewed the system's current food service, had the director of the service explain her role and the methods for developing menus, and surveyed parents and students for input regarding school menus. This information will be shared with the director of school food services.

The **Loudoun County** SHAB continues to improve the working relationship with the local health department. The local health department did a presentation for the clinic personnel on infectious diseases and bio-terror agents. The infectious disease nurse at the local health department worked closely with the Student Health Services coordinator and school principals on several cases of reportable infectious diseases. The local health department helped develop articles that were published in the monthly parent newsletter.

The **Louisa County** SHAB reviewed curriculum materials for the Family Life Education (FLE) curriculum and proposed materials for Safe and Drug Free Schools. Information was also provided to initiate the wellness program.

The **Lunenburg County** SHAB addressed school sports physicals by identifying medical problems such as high blood pressure, obesity, and heart murmurs. Area physicians donated time to perform these physicals.

The **Lynchburg City** SHAB, the Lynchburg College Department of School Health Science and Human Performance, and the Lynchburg City schools nutrition program worked together to create the *Green Light Nutrition* program. School menus were printed in designated colors. Classroom teachers and movement education teachers were given information about *Green Light Nutrition* to incorporate into instruction for their students. School nutrition staff placed *Green Light Nutrition* color circles on cafeteria trays to encourage students to make healthy choices. Five elementary schools were selected for a pilot project and additional six schools began the program the second semester. The response from parents and students was very positive.

The **Madison County** SHAB reported the increase of the number of nurses in the schools to two full-time nurses for the 2005-2006 school year. Over the next five years the goal is to have two nurses in each school.

The **Manassas City** SHAB increased awareness of student nutrition and weight-related health issues. The SHAB reviewed various operations within the Food Services Division, including the purchasing and procurement procedures for students' meals. The SHAB also met with division administrators regarding student nutrition issues and food sales, and developed recommendations based on student nutrition concerns.

The **Manassas Park City** SHAB reported the hiring of school nurses for each of the Manassas Park schools. This was done through an agreement with the Prince William County Health Department. The Health Department and Manassas Park City schools jointly employ an registered nurse (RN) who is stationed at Manassas Park High School and supervises three licensed practical nurses (LPNs) who are assigned to three schools. In an effort to hold onto school nurses, the three LPNs were made full-time employees and are receiving benefits.

The **Martinsville City** SHAB helped place three Automatic External Defibrillators (AEDs) in the schools. The Martinsville Fire Department helped with installation of the AEDs and training of the staff.

The **Mathews County** SHAB initiated programs in elementary and middle schools for overweight students for the 2005-06 school year as well as developing uniform procedures for identifying students with chronic illnesses.

The **Mecklenburg County** SHAB, with the assistance of the school nurses, gathered height, weight, and Body Mass Index (BMI) data across the system to support efforts for placing physical education teachers in the elementary schools. Members of the team spoke with the school board, and this item was placed in the budget so that each elementary school will have a physical education teacher next year.

The **Middlesex County** SHAB, which maintains a varied membership of community members, supported having a full-time registered nurse in each school.

The **Montgomery County** SHAB continued to discuss and educate themselves on the issues of childhood obesity and nutrition and wellness programs for schools. It also had an individual from a model program in North Carolina speak with them about their wellness program.

The **Nelson County** SHAB members gathered data from various sources to complete the Governor's Nutrition and Physical Activity Scorecard, and surveyed four county schools on vending machine offerings and discrepancies and explored the feasibility of offering healthier choices. The committee concluded that it would be best to suggest vending choice changes as part of the upcoming Local Wellness Policy to be developed from the child nutrition and Women Infant Children (WIC) Act.

The **New Kent County** SHAB worked very closely with the food services director and Parent Teacher Organizations (PTOs) to promote community support for overall nutrition awareness. Expansion of the breakfast program was begun, health snacks were reinstated, and a "3-A Day of Dairy Nutrition Education" grant was received.

The **Newport News City** SHAB monitored legislation affecting comprehensive school health, encouraged and supported collaborative health programs with other community agencies, and made recommendations for comprehensive school health programs in the city's public schools.

The **Norfolk City** SHAB worked with the staff from the Children's Hospital of the King's Daughters (CHKD) and the Eastern Virginia Medical School (EVMS) to collect Body Mass Index Data (BMI). Norfolk public schools developed a survey form to be used by health and physical education teachers. Letters were sent to almost 16,000 parents of k-10 students requesting permission to collect information. Height/weight information was recorded for 15,422 students. The school division is now working with CHKD and EVMS to apply for grants to make a difference in childhood and teenage obesity.

The **Northampton County** SHAB worked closely with the middle school health and physical education teachers in promoting healthy foods and snacks as well as teaching students how to make healthy food choices. They also worked closely with the cafeteria personnel and the purchasing agent of each school to purchase and prepare foods that have fewer carbohydrates and calories but also are appealing to the students. Home economists were in the classrooms teaching students dietary basics.

After getting Body Mass Index (BMI) numbers for the majority of their students, the **Northumberland County** SHAB made several nutrition and physical education recommendations. For instance, it recommended making more salads, fresh fruit and raw vegetables available; removing sodas and drinks other than water from the lunch/snack menu, and doing away with high carbohydrate/sugar snacks in after-school programs. Some of the recommended changes to the physical education programs included increasing activity and games, encouraging walking, increasing availability of exercise equipment such as stationary bikes, balls, stretchy bands, and encouraging faculty and students to use the new walking trail.

The **Norton City** SHAB reviewed new health textbooks adopted by the school board and purchased for the high school. In addition, it improved documentation of visits to the nurse and student health screenings (i.e., a full-time nurse performed hearing and vision screening and provided preventive care and follow up for all new students).

The **Orange County** SHAB supported an employee health fair. Two people were also chosen to represent Orange County in the Virginia Coordinated School Health Leadership Institute.

The **Page County** SHAB supported the placement of a full-time nurse at every school in the division. In addition, the SHAB nursing staff has received the necessary training to provide first aid training to other staff members.

The **Patrick County** SHAB offered Wellpath screenings to all employees. These screenings are offered in the spring, and participants can choose from a variety of screenings. The school board works with the hospital to provide these screenings at minimal cost to employees. In addition, they recommended that screening for scoliosis be continued in grades 5-7 and that information be provided to students in grades 8 and 9. This proposal was approved by the board.

The **Petersburg City** SHAB works closer in partnership with the local health department.

The **Pittsylvania County** SHAB participated in the Kid's Challenge at the Gretna Old Timer's Jubilee. Areas of focus this year were physical activities and Body Mass Index (BMI) calculation. Parents were provided information regarding their child's BMI, the implications of the results, and nutritional information. The importance of physical activity in relation to children's health also was discussed.

A new committee was formed as an offshoot of the **Portsmouth City** SHAB that will deal with nutritional concerns in the school system, such as cafeteria food, vending machines, and fundraisers. In addition, the impact of exercise and teachers as healthy role models also will be studied. This action will eventually affect all students in the school system as well as their parents and the school system's faculty and staff.

The **Powhatan County** SHAB discussed the benefits of spinal screenings. The committee reviewed a Scoliosis Fact Sheet that could be provided to parents of students in grades 5-10. The sheet was approved for use by the division superintendent beginning in the 2005-2006 school year.

The **Prince Edward County** SHAB will continue to monitor nutritional meals for school-age children to reduce fat and calories and to work with vendors to provide healthy snacks for children.

The **Prince George County** SHAB reviewed and discussed whether to continue scoliosis screening or to change to parent awareness. Data also was collected and a district nutrition plan was discussed with committee members and school principals.

The **Prince William County** SHAB recommended that all Prince William County public schools complete the Governor's Nutrition and Physical Activity Scorecard to determine a baseline assessment for Prince William County public schools and work toward establishing a task force to develop a Wellness Policy for the school division. The SHAB also established a partnership with the Prince William Health Partnership Authority and supported the *Shaping Healthy Children* pilot project, which focused on helping children establish healthy habits on fitness and nutrition.

The **Pulaski County** SHAB chairman and supervisor of health services presented a power-point presentation to the school board members on increasing school nurse hours with the intent to have a school nurse in all schools for the entire time students are present. This same information was shared with school administrators and the finance director. Increase nursing hours would improve school health services and help provide health education and student wellness. The local newspaper decided after this meeting to follow up with several articles addressing the need for full-time school nurses.

The **Radford City** SHAB support having a school nurse at each of their schools for six hours per day.

Rappahannock County SHAB has formed small groups to evaluate the physical education times for the students, address obesity, review the school lunch program, begin the "The Healthy Kids" program, and develop a new "Rappahannock Fitness Center" for staff and the community located at the high school.

The **Richmond City** SHAB recommended that a physical examination be used as an early screening diagnostic tool for students in grades 3, 6, and 9. The SHAB also recommended that physical activity be increased for all grade levels to maintain the

health and wellness of all students. This activity falls within the recommendation of the Governor's Health and Wellness Program.

The **Richmond County** SHAB participated in the LIFT program (Living Free of Tobacco), a partnership with Virginia Commonwealth University (VCU). The program was funded through the Virginia Tobacco Settlement Foundation. High school students received training from a health educator from VCU and then became peer leaders for middle school students. The workshops focused on facts about tobacco use, goal setting, analyzing, advertising, and strategies for living tobacco free.

The **Roanoke City** SHAB helped increase the school nursing staff by three part-time registered nurses (RNs) as part of a three-year plan to have a part-time RN in every school everyday. The SHAB also implemented the replacement of sodas from student vending machines with 100 percent fruit juice and water.

The **Roanoke County** SHAB implemented a height, weight, Body Mass Index (BMI) pilot screening for grades k, 3, 5, 7, and 10 and received local funding to place Automatic External Defibrillators (AEDs) in each high and middle school (a total of 12).

The **Rockbridge County** SHAB's three subcommittees helped expand the participation of parents and professionals in evaluating the health, nutrition, and physical fitness needs of students and staff. The school board approved a policy this year that has promoted healthy eating habits by replacing sodas and candy with water, juices, nutrition bars, and fresh fruit where possible. Vending machines containing sodas and candy are not available to students during the school day. School breakfast and lunch menus are being evaluated and pilot projects are being started in some schools to offer healthier choices.

The **Russell County** SHAB expanded its comprehensive drug education and prevention plan to include all grade levels (k-12) by adding two primary-grade programs. An initiative also was implemented to improve student wellness by providing information about improved nutrition and regular exercise programs for all students.

The **Salem City** SHAB provided input and support for the school division to partner with the American Lung Association to implement the *Open Airways Asthma Awareness* curriculum for students at grades 3-5 and parents.

The **Scott County** SHAB met to complete a survey and assess the health needs of the school system. Each school in the division made a report to the SHAB profiling the health needs of the student population in the school and the obstacles to meeting the needs. The SHAB also made recommendations to the administration to increase the nursing staff.

The **Smyth County** SHAB re-established a constructive school health advisory board and reviewed and evaluated dental health services in the community.

The **Southampton County** SHAB assisted in getting Automatic External Defibrillators (AEDs) in every school. Greenville Memorial Foundation furnished AEDs through a community grant.

The **Spotsylvania County** SHAB wrote and received grant funding (seed money) from Mary Washington Hospital to place Automatic External Defibrillators (AEDs) in all middle schools, high schools, and school board offices. A grant was also received to fund a part-time school nutritionist.

The **Stafford County** SHAB received approval by the school board for the *Healthy Beverage and Snack Sales* in the high schools.

The **Staunton City** SHAB expanded its partnership with the Regional Free Dental Clinic that provides dental care to elementary students in Staunton. A partnership was also developed with the Augusta Medical Center for the Working on Wellness (WOW) program.

The **Suffolk City** SHAB responded to concerns about healthy eating. The assistant food service supervisor participated in the PTA's Chili Night at one of the city's middle schools. An analysis was provided on the original chili recipe, chili made with lower fat content meat, and made with less meat and more vegetables. Chili night proved a nice opportunity to incorporate nutrition into an event. Attendance was about 200 persons, including parents and children.

The **Surry County** SHAB targeted reducing teenage pregnancy. This was done by having Family Life Education (FLE) covered in health classes in middle and high school and holding a health fair at the middle school with partners from the Health Department, Office on Youth, Social Services, and Extension Office. There were two reported pregnancies in the high school for this term. No pregnancies were reported in the middle school.

The **Tazewell County** SHAB increased interest in SHAB among health care professionals in the area, especially those that work with students with special health care needs. The SHAB formed groups involving students and invited parental input on ways the school system can address drug and alcohol issues and ways to improve safety. Community partners included the Virginia Department of Health, Tazewell Community Hospital, Clinch Valley Community Action, and several area physician practices.

The **Virginia Beach City** SHAB had an active discussion with the superintendent and school board on obesity, overweight students, and a feasible approach to these concerns. The SHAB also gained an understanding of the practices that are in place to ensure the safety of students in the event of a significant emergency.

The **Warren County** SHAB partnered with Warren County public schools to implement and maintain the Bullying Prevention and Intervention Program and Substance Abuse and Prevention Groups.

The **Washington County** SHAB reviewed the Family Life Education (FLE) curriculum and updated videos and visual aids used to teach this program. School nurses at each level offered suggestions for revisions and new materials were ordered.

The **Waynesboro City** SHAB collaborated with Augusta Medical Center's Wellness Program in assessing Body Mass Index (BMI) for students in grades k, 2, 7, and 10. Families were notified of any findings placing students at risk. Items in vending machines at Waynesboro High School were also changed to nutritional snacks while other items were priced at a higher cost.

The **Williamsburg-James City County** SHAB's interest in the availability of nutritional foods continues. The committee was informed about the status of the healthy snack lineup and the *School Health Initiative Planning Grant* from the Community Health Foundation. A subcommittee was formed to address the topic.

The **Wise County** SHAB supported several Safe and Drug Free School Programs such as *Too Smart to Start* alcohol-use prevention program for fifth and seventh graders, *Second Step*, a violence prevention program for fifth graders, and *Life Skills Training* for all third graders.

The **Wythe County** SHAB initiated the Employee Wellness Program; 216 employees participated. The total weight loss for the three months that the Wellness Program was conducted was 654.5 pounds; participants exercised about 2,900 times. Because employees are the role models for students, this program was offered as a forerunner to the Wellness Program that will be in place for students in 2006-2007.

The **York County** SHAB developed a youth services resource guide. Current data was compiled from agencies serving youth in York County. It will be a resource for school nurses, guidance counselors, and administrators. Work was also initiated on developing health services procedures and guidelines. The guidelines will be an additional resource for school nurses to help ensure standardization of health care.